

Changes in the heart pumping ability in children of elementary school age during oral answers at theoretical lessons

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Abstract

© Medwell Journals, 2015. For the first time the reaction of the pumping function in the children of elementary school age during oral answers at the desk and at the blackboard was studied. The children were conventionally divided into two groups: the first group included the children that systematically do physical exercises and go in for sports according to the additional program (group of the advanced psychical activity). The second group consisted of children having only two-three lessons of PE according to the general educational program (control group). It was firstly detected that in children systematically engaged in sports activities the reaction of the heart pumping function by oral answers at theoretical lessons appeared to be substantially lower than in those that do not go in for sports. At the same time, it was found in all children the reaction of the heart pumping function by answering at the blackboard was lower than during answering at a desk. It was found that the reaction of the heart pumping function in boys is somewhat higher than in girls of the same age. It was found that in children with the advanced physical activity the decrease in the heart rate and stroke volume to the reference values after completion of oral answers proceeds faster than in children from the control group.

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Keywords

Completion, Control group, Proceeds, Pumping function, Systematically